

Full Report (All Nutrients) 45134932, HEALHTY CHOICE Cheesy Chicken And Rice Bake, UNPREPARED, GTIN: 00072655460058

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: July 08, 2017 13:16 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (243g) 243g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	221	91
Protein	g	--	--	14.99	6.17
Total lipid (fat)	g	--	--	5.01	2.06
Carbohydrate, by difference	g	--	--	28.99	11.93
Fiber, total dietary	g	--	--	1.9	0.8
Sugars, total	g	--	--	1.99	0.82
Minerals					
Calcium, Ca	mg	--	--	61	25
Iron, Fe	mg	--	--	0.73	0.30
Potassium, K	mg	--	--	420	173
Sodium, Na	mg	--	--	600	247
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	9.0	3.7
Vitamin A, IU	IU	--	--	199	82
Lipids					
Fatty acids, total saturated	g	--	--	1.993	0.820
Fatty acids, total monounsaturated	g	--	--	1.993	0.820
Fatty acids, total polyunsaturated	g	--	--	0.996	0.410
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	34	14
Amino Acids					
Other					
Ingredients					

Cooked Rice (Water, Brown Rice, Wild Rice), Water, Chicken (Chicken Breast, Water, Olive Oil, Contains 2% or Less of: Isolated Soy Protein Product [Isolated Soy Protein, Modified Potato Starch, Corn Starch, Carrageenan, Soy Lecithin], Dextrose, Salt, Potassium Chloride, Paprika, Caramel Color, Flavoring), Broccoli, Contains 2% or Less of: Club Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Salt, Annatto [Color]), Cheddar Cheese Powder ([Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto {Color}], Buttermilk, Cream, Salt, Sodium Phosphate, Natural Flavor, Lactic Acid, Yellow 5 & 6, Nonfat Dry Milk, Whey Protein, Butter [Cream, Salt], Salt, Modified Corn Starch, Cheese Flavor [Water, Maltodextrin, Natural Flavor, Gum Arabic], Lactic Acid, Sodium Caseinate, Yellow 5 & 6), Modified Corn Starch, Salt, Cream Cheese (Pasteurized Milk And Cream, Cheese Cultures, Salt, Locust Bean Gum), Canola Oil, Whey, Whey Protein Concentrate, Parmesan Cheese Powder (Parmesan and Blue Cheese [Milk, Salt, Cheese Cultures, Enzymes], Maltodextrin, Sodium Citrate, Autolyzed Yeast, Mono- and Diglycerides), Wheat Flour, Potassium Chloride, Sodium Phosphate, Lactic Acid, Locust Bean Gum, Cheddar Cheese Powder (Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes, Annatto {Color}], Cream, Salt, Sodium Phosphate, Lactic Acid, Yellow 5 & 6), Natural Flavor, Nonfat Dry Milk, Butter Powder (Butter [Cream, Salt], Nonfat Dry Milk, Sodium Caseinate, BHT), Lactic Acid Powder (Modified Corn Starch, Lactic Acid). CONTAINS: SOY, MILK, WHEAT. *Date Available: 03/09/2017 Date Last Updated by Company: 03/09/2017*